

LIAISON

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Simple steps to declutter and refresh your devices



Tidying up your digital life can bring a sense of organization and efficiency. For an easy start, simplify your devices' home screen by including only essential apps for quick access and organizing the rest into categorized folders. We can all use the reminder to delete unused apps, which also frees up valuable storage space. If you're looking to clear up even more space, organize your digital memories of the grandkids, the beloved pup or the beautiful sunsets by backing up photos and videos to a computer, external drive or a cloud service such as icloud or Google photos.

Here are some additional steps you can take to get digitally decluttered:

- Go through your contact lists; remove duplicates and delete contacts that are no longer relevant.
- Unsubscribe from unwanted email subscriptions.
- Tighten up your online security by updating passwords; you may also want to explore the use of a password manager.
- Consider registering for [Canada's National Do Not Call List](#), a free service which filters out calls to consumers who do not want to receive unsolicited calls from telemarketers.
- Sort through your email inbox and move older emails into specified folders. Delete the emails you no longer need.

New discounted phones and rate plans for RTOERO members

In recent surveys, RTOERO members have indicated that the top new program they were interested in was a discount program on cell phone and internet service.

So, RTOERO has partnered with Telus to bring exclusive savings to members on cellphones, rate plans, high-speed internet, home security, health solutions and more.

Visit rtoero.ca/telus and complete the quick form to access the exclusive member offers. Please note, you must provide your registered full name and RTOERO member number. This one-time process validates you as an RTOERO member.

Forgot your RTOERO membership number? You can look it up directly in the website form – or contact our office at membership@rtoero.ca or 1-800-361-9888.

Once you've registered on the website, you'll receive an email from Telus to shop and view deals online.

You can also sign up for the RTOERO offers at your nearest Telus store. Please complete [membership verification through the website page](#) before going into the store.

You can have your questions answered and place an order directly over the phone. Schedule a call back by contacting amber.evans@telus.com.



RTOERO Foundation announces funding for four new projects

The RTOERO Foundation is thrilled to announce they are awarding grants to four new projects, for a total funding amount of \$127,100. These projects, which were reviewed and scored by a Peer Review Panel, cover a range of important priority issues including geriatrics research, social engagement and seniors' health and wellbeing.

Funding of these projects is made possible through the generosity of the RTOERO Foundation's donors, all of whom are RTOERO members. Thank you for your continued support!



Here is a list of the projects made possible through RTOERO Foundation funding in 2023:

Co-Designing Patient Education Materials for Older Adults Living with HIV

- Organization: Sinai Health and University Health Network (UHN)
- Funding amount: \$49,900

Intergenerational Nature Challenge Activities

- Organization: Heartland Forest Nature Experience
- Funding amount: \$17,500

MixAbilities: Seniors Module Outreach

- Organization: H'art Centre
- Funding amount: \$25,160

Cultivating Young Dementia Advocates: A Toolkit for Youth Engagement

- Organization: Alzheimer Society of Ontario
- Funding amount: \$34,540

[Click here for more information](#) about our donor-funded grants.



How to be a #DiversityEquityInclusion champion on social media



On social media, activity = visibility.

Every social media interaction helps others gain a better picture of who you are and what's important to you.

Here's how you can demonstrate #DEI support and advocacy on your social media platforms.

- Review your social media profile. Show your support by adding #DEI to your profile, cover picture or descriptor. Pin a #DEI post to the top of your timeline.
- “Like” and share RTOERO social media posts on DEI topics.
- Start following #DEI experts and thought leaders.
- “Like” posts about equity topics – or use one of the other sentiment icons to provide more specific engagement (for example, the “insightful” sentiment in LinkedIn).
- Reply or comment to express support for the DEI related posts.
- Share DEI content with your followers and tag others who may have an interest in the post.
- Make it personal by sharing your lived experience. Amplify the original social media post with your message. Or post directly on a DEI topic important to you.
- Join and actively participate in social media groups that support and advocate for DEI.
- Make sure your social media posts are accessible by everyone. [Here are some tips.](#)

Save the dates for 2024 *Vibrant Voices* advocacy events

RTOERO remains committed to its goals to improve the lives of members and seniors and to be a trusted voice in the broader education community. In 2024, RTOERO will continue to provide resources, events and informative learning tools for members and the community. The Vibrant Voices webinar series is open to the public.

RTOERO members will receive email invitations to register for the free webinar events. Mark your calendars to save the dates below!

Upcoming webinars

March 26 - Everyday climate solutions, with Nikki Sanchez

June 12 - Advocating against ageism, with Professor Karen Lincoln

October 30 - Panel discussion – advocacy & geriatric health care, presenters TBA

Future of Aging Summit

RTOERO is hosting its first [Future of Aging Summit](#) from May 15 to 17, 2024, in Toronto. The summit is part of RTOERO's Vibrant Voices advocacy focus. This conference brings together experts and thinkers from various sectors, all with a common focus: improving later life. The three-day event features a diverse [lineup of international speakers](#), including a screening of the documentary *Your 100-year life* and a Q&A with director Theo Kocken.

Who is the summit for?

The audience for the summit is elected government officials, policymakers, advocates, and anyone else focused on supporting healthy aging, ending ageism and building age-friendly societies.

Can RTOERO members attend the summit in person or virtually?

All members will receive a code to access the virtual keynote presentations at no cost.

If members wish to attend the event in person, they are welcome to [register](#) for the event at the non-profit rate.

Contact Danielle Norris at dnorris@rtoero.ca for more information.

Starting your mornings with gratitude and goals



Making resolutions is a great start to a new year, but it can be difficult maintaining the commitment year-round to attain your goals, and that's okay. Here are some morning routine tips that may help you continue your journey.

Start the day thinking of three things in your life you are grateful for. If you can't think of three, focus on one. This activity is a reminder to be mindful of the joy and positive elements you are currently experiencing in your daily life.

This leads to the second morning routine tip which brings about a very similar feeling: achieving goals. Like the first tip, you can set one to three short-term goals you would like

to achieve. They can be something as small as completing daily chores or part of something larger like taking steps toward achieving a personal fitness milestone.

As you continue this morning routine of gratitude and goals, you can see your progress and successes each and every day; ideally contributing to a fulfilling new year!



Learning opportunities available to RTOERO members

RTOERO provides ongoing learning opportunities for its members. In 2023, webinar speakers covered diverse topics like dementia, travel insurance and community advocacy. If you missed the webinars or want to revisit the sessions, you can access the recorded sessions in the [RTOERO Learning Site](#). To spark your memory and ignite your interest in re-listening to the sessions (or watching for the first time), here are a few highlights of past sessions:

It's easier to affect change at the municipal level because there's no party system within municipal government in most parts of Canada. - [How to be a changemaker](#)

How to cultivate gratitude in your life. - [7 Pillars for Living Your Best Retirement](#)

Those caring for someone with dementia need to work to understand the needs rather than trying to control behaviours. - [Collaborative care: Rethinking how we care for people living with dementia](#)

There is a growing understanding that a number of individual factors and social forces intersect to influence our life experience. Health equity is key. - [Poverty, housing and social justice: The urgent need to correct health inequities](#)

General medical conditions must be stable for a certain period prior to booking a trip. - [Travel Insurance 101](#)



Is the ringing, buzzing and hissing all in your head?



If you're one of the 15% to 20% of people who experience tinnitus, then unfortunately yes, those irritating noises are definitely coming from inside your own noggin.

What is tinnitus?

Most people who suffer from tinnitus describe it as a high-pitched ringing in one or both ears that isn't caused by an external sound that everyone else can hear too. But it might also present as a buzzing, roaring, hissing, or humming sound. In some rarer cases, it can be a rhythmic pulsing or whooshing noise, often in time with your heartbeat.

What causes tinnitus?

Tinnitus is related to hearing loss, but there are many possible reasons for that pesky ringing your ears:

- Exposure to loud noise
- Aging
- Middle-ear infections
- Anxiety and stress
- Reactions to medications
- Neck or head injuries
- Earwax build-up
- Inflamed blood vessels around the ear
- Other untreated medical conditions

There are things you can do to minimize the impact of Tinnitus, including relaxation practices, sound therapy and hearing aids. Everybody is different, so the best way to figure out why you're experiencing tinnitus is to talk to your doctor and visit a hearing care professional for a thorough exam.

[Article courtesy of HearingLife](#)

2023 Renaissance readership survey results support RTOERO strategic goals, show increase in satisfaction



RTOERO conducts a Renaissance readership survey every three years to keep up with members' preferences, interests and reading habits.

The 2023 readership survey was sent to members in September and RTOERO received an in-depth report of the results in November from the third-party researcher.

In comparison to 2020 survey results, we learned reading time of the print issue increased by 7 minutes, to a total 80 minutes per issue, while reading on the digital site increased 2 minutes, to a total 22 minutes per issue.

More members are holding onto print issues indefinitely, and satisfaction with the magazine increased in all areas:

- Overall quality 84% (5% increase)
- Look or visual appearance 86% (3% increase)
- Quality of writing 84% (6% increase)
- Variety of stories and topics 81% (9% increase)

Renaissance supports RTOERO's goal to improve the lives of members and seniors, survey results showed:

- 85% agree *Renaissance* supports the well-being of members and older Canadians throughout the healthy-aging journey (2% increase)
- 85% agree *Renaissance* encourages healthy-active living and a happy retirement journey (2% increase)
- 74% of readers had taken action that contributes to a healthy-active lifestyle as a result of *Renaissance* magazine or specific articles within (10% increase)

Renaissance supports RTOERO's goal to be a trusted voice; survey results showed 79% agree *Renaissance* is a trusted source for information on healthy-active living and a happy retirement journey (4% increase).

Thank you to everyone who participated in the survey; your voice contributes to the success of *Renaissance*!

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